

Be Fit. Be Well. Milpitas Sports Center

Fitness Class Schedule (Effective June 17, 2019 except where noted)

1325 E. Calaveras Blvd. | (408) 586-3225 | www.ci.milpitas.ca.gov

Monday

6:10am-6:55am	Muscle Pump	Regeina	DS1
6:15am-7:15am	H2cardiO	Julia	Pool
9:30am-10:25am	Fit for Life	Malia	DS1
10:30am-11:15am	Stretch and Flex	Malia	DS1
11:30am-12:15pm	Body Architect	Tatsiana	DS1
12:15pm-1:00pm	Vinyasa Level 1	Tatsiana	DS1
4:15pm-4:45pm	Water Walk/Fit	Drop In	Pool
4:45pm-5:30pm	Aqua Flex	Kathy	Pool
5:30pm-6:30pm	Aqua Zumba	Divina	Pool
5:45pm-6:45pm	Vinyasa Level 2	Tatsiana	Annx
6:15pm-7:15pm	Sweat & Sculpt	Aira	DS1
6:00pm-7:00pm	Zumba	Mafe	DS2

Wednesday

6:10am-6:55am	Muscle Pump	Kathy	DS1
6:15am-7:15am	H2cardiO	Julia	Pool
9:15am-10:10am	Fit for Life	Aira	DS1
10:15am-11:15am	Fit for Life	Aira	DS1
4:20pm-5:15pm	Pilates Sculpt	Tatsiana	DS1
4:15pm-4:45pm	Water Walk/Fit	Drop In	Pool
4:45pm-5:30pm	Aqua Flex	Kathy	Pool
5:30pm-6:30pm	Kick it up Aqua	See List	Pool
5:00pm-6:00pm	Zumba Gold	Divina	DS2
5:45pm-6:45pm	Body Architect	Tatsiana	DS1
6:35pm-7:35pm	Hatha Yoga	Asha	Annx

Friday

6:10am-6:55am	Muscle Pump	Regeina	DS1
6:15am-7:15 am	H2cardiO	Julia	Pool
9:15am-10:15am	Mid-Morning Yoga	Jean	DS2
10:15am-11:15am	Fit for Life	Malia	DS1
11:30am-12:15pm	Power Up	Tatsiana	DS1
12:15pm-1:00pm	Vinyasa Level 1	Tatsiana	DS1

Drop in Sports – Open Gym

Monday	5:30pm-9:00pm	Basketball
Tuesday	5:30pm-9:00pm	Pickleball
Wednesday	5:30pm-9:00pm	Volleyball
Thursday	5:30pm-9:00pm	Basketball
Saturday	8:00am-1:00pm	Basketball

Tuesday

9:30am-10:30am	Interval Mix	Maria	DS1
10:30am-11:30am	Restorative Yoga	Ritu	DS2
12:00pm-1:00pm	Total Body Cond.	Maria	DS1
4:15pm-4:45pm	Water Walk/Fit	Drop In	Pool
4:45pm-5:30pm	Aqua Flex	Pam	Pool
5:30pm-6:30pm	Kick it up Aqua	Pam	Pool
6:00pm-7:00pm	Dance Party	Alvin	DS1
6:30pm-7:30pm	Stress Detox: Mind Body	Ritu	Annx
7:00pm-8:00pm	U-Jam Fitness	Rene	DS1

Thursday

9:30am-10:30am	Interval Mix	Maria	DS1
10:30am-11:30am	Zumba Gold	Divina	DS1
12:00pm-1:00pm	Total Body Cond.	Maria	DS1
1:30pm-2:30pm	Feldenkrais	Richard	DS2
4:15pm-4:45pm	Water Walk/Fit	Drop In	Pool
4:45pm-5:30pm	Aqua Flex	Pam	Pool
5:30pm-6:30pm	Kick It up Aqua	Pam	Pool
7:00pm-8:00pm	U-Jam Fitness	Yuki	DS1
6:00pm-7:00pm	All Levels Yoga	Jean	Annx

Saturday

8:30am-9:30am	Sweat & Sculpt	Aira	DS1
8:30am-9:30am	Zumba	Alvin	DS2
8:30am-9:30am	H2cardiO	Julia	Pool
9:30am-10:30am	U-Jam Fitness	Yuki	DS2
10:00am-11:00am	Hatha Dynamic Yoga	Asha	DS1

Lap Swimming – Pools

Lane 1 in Yard Pool – Water Walk Only

Morning	6:00am-8:15am (Meter) 7:15am-8:15am (Yard)	M/W/F M/W/F
	8:30am-12:00pm (Meter) 9:45am-10:45am (Yard)	Sat. Sat.
Mid-Day	11:30am-1:30pm (Meter) 11:30am-12:30pm (Yard)	M-F M-F
Evening	6:00pm-8:00pm (Meter)	M-Th

(Lane 1 Closed)

*Schedule subject to change without prior notice

*Due to therapeutic temperatures in the yard pool, strong exertion and extended periods of time are not recommended.

Milpitas Sports Center Class Descriptions

All fitness programs are open to high school students and up. Parent/guardian must be on site during entire workout. Classes and instructors subject to change without notice.

Intensity Level of Classes: * = Low ** = Medium *** = High **** = All Levels

Body Architect: A total body conditioning class designed to improve muscle tone in all areas of the body. This workout uses weights and body bars to promote muscular endurance, flexibility and body alignment. ****

Fit for Life: Adapted for all ages and fitness levels. This fun and challenging workout improves the cardiovascular system as well as increase balance, strength and bone density. **

Hot Hula Fitness: A total body workout isolating your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. ****

Interval Mix: Classes will include working with bars, weights, medicine balls, physio balls, sliders and anything else we can get our hands on with intervals of heart pumping moves! ****

Muscle Pump: Work all major muscle groups in just 45 minutes. Using light weights while performing high repetitions, you will increase core strength, tone and shape your entire body without adding bulky muscles. If you are looking to get lean, toned and fit, this is the class for you! ****

Power Up: Train like a Fitness Competitor. This is an intense 45 min total body workout specifically designed to add definition and muscle to your body! Heavy weights and other resistance tools to sculpt and tone will be used. Can't beat it, it's a must! ***

Sweat & Sculpt Interval: Using interval training, this class combines strength and toning with a cardio workout. ***

Total Body Conditioning: This class will increase overall cardiovascular fitness, including muscle strength and cardio endurance. **

U-Jam Fitness: Dance your calories away! This fun and energetic class will not only give you a great workout, but will give a few new moves for the dance floor! ***

Zumba: Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. **

Zumba Gold: The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating community-oriented dance fitness class that feels fresh, and most of all, exhilarating! Zumba Gold classes provide modified, low-impact moves for active older adults. ****

Restorative Yoga: Therapeutic Yoga postures using yoga props with attention to alignment and breathing. Designed to restore and rejuvenate the body and stimulate detoxification while strengthening from the inside out. ****

Stress Detox: Mind Body: Hatha flow yoga practice to stretch and strengthen the body releasing muscle tension, fatigue, and stress. Followed by a deep meditation to focus and strengthen the mind. Creating calm and peace for the whole being. ****

All Levels Yoga: Consists of fundamental yoga poses to promote perfect health, flexibility, stamina and strength. Pranayama, or breathing exercises, will be followed by exercises called Asanas and will conclude with deep relaxation. *

Feldenkrais: Helps increase your ease and range of motion while improving flexibility and coordination through a unique, gentle body centered learning process. ****

Hatha Dynamic Yoga: Similar to Hatha Yoga, this class emphasizes the lengthening and stretching of muscles. ***

Hatha Yoga: Classic Yoga postures and movement with attention to proper alignment and breathing to help increase awareness, flexibility, balance, strength and relaxation for the body and mind. ****

Lunchtime Yoga: A flowing yoga practice providing full-body stretching, strengthening and detoxification through sweating. A great compliment to any fitness regimen or sports activity. ***

Mid-Morning Yoga: Similar structure as Beginning Yoga, slightly less intense. Great exercises for those who want to achieve a general well-being, build strength, flexibility, and stamina. **

Pilates Sculpt: Focusing on the core of the body, the class strengthens, tones and develops flexibility and body awareness through controlled, concise and concentrated movements. ****

PIYo: A total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. ****

Vinyasa Yoga Level 1: This is a moderately paced class and students continue to build awareness, strength, skill, and focus. Students of all levels will find this class accessible. Modifications are given to make the practice accessible to all students. **

Vinyasa Yoga Level 2: Yoga experience encouraged. Students must have a basic awareness of yoga postures and their own bodies and limitations and willing to modify accordingly. Various hand and arm balances and postures that require more strength are explored. Postures are often held for longer periods of time to increase strength and concentration. ****

Aquatics

Aqua Flex: This class is for those with balance and flexibility needs, offering low impact, slower paced, with little to no added resistance. It is an excellent way to rehab after knee surgery.*

Aqua Zumba: Combines some of the traditional elements of aqua fitness classes with upbeat, Latin-infused dance moves and music. ****

H₂cardIO: Come join an upbeat, fun, and cardio filled water aerobics class! Every class consists of warm up, arms, legs, core and cool down/stretch time. This inclusive water class offers a full body work out and modifications to fit all levels. ****

Kick it Up Aqua – This class is fast paced, full resistance promoting cardiovascular conditioning, toning techniques and strengthening exercises. **